



FOCUS

FEBRUARY 2020

VOLUNTEER OF THE MONTH

Vivian Poole is the Volunteer of the Month for February.



Vivian has been married for 39 years to Bill Poole. She retired from Baxter's after working there for 32 years. She has also been a member of the Women of the Moose for 41 years. Vivian says she is a 37 year cancer survivor.

She enjoys reading and playing games. Vivian enjoys volunteering with the Moose, such as the Safe Surfing EZ Child ID's, which is satisfying to her knowing that she is making a difference and may save a child's life.

Vivian started driving for Home Delivered Meals in May of 2015 on Mondays and now drives 3 days a week on the Nix Creek Route. She also fills in as needed on the same route.

A few things Vivian remembers that touched her about her route is when she had broken her hip and had to be out while it healed, one of the ladies she delivered meals to called her every night to check on her. Another one of the ladies on her route came to visit her while she was in Autumn Care recuperating from the broken hip.

Vivian said "Volunteering is such a satisfying experience and there are so many different ways of doing it. Being a Home Delivered Meals driver gives you a chance to interact with people who may not see anyone but the person who brings their meal. It brings so much pleasure into your life."

Games April 3rd

To register for breakfast call Brenda Monosso at the McDowell Senior Center 659-0832 or Stop by Front Desk at the Senior Center.

2020 McDowell County Senior Games

Kickoff Breakfast & Early Bird Registration Day
Friday, March 6th
at Senior Center



Breakfast is FREE for seniors registering for Senior Games
Breakfast Served 8:30am – 9:30am "Only"

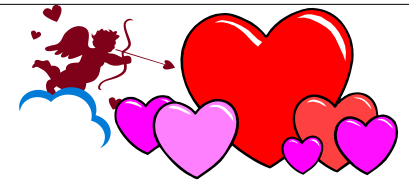
Adults who are turning 50 by December 31, 2020 and older Participants must register by 3:00 pm on March 6th to get the early bird price of \$10.00

After March 6th registration fee will be \$12.00

New Participants to Senior Games: Half Price Registration Fee, (must see Brenda Monosso for this fee)

Please tell your friends, neighbors, and relatives. Our goal this year is to have 125 participants registered for McDowell County Senior Games.

Dead line to register for Senior



Valentine Dance
at the
McDowell Senior Center
Friday, February 14th, 2020
6:00 pm – 9:00pm

Doors open at 5:30pm

Live Music By:
"The (REWIND) BAND"

Advance Tickets \$6.00
At the Door \$7.00

This event is for adults of all ages.

All line dancers and ballroom dancers are welcome to participate.

"Drinks will be provided, bring finger foods"

For tickets or more information contact Brenda Monosso @ 659-0832



"Centers for Life Enrichment"

April 8-11, 2020

"For Such a Time as This"



We invite you to join McDowell Senior Center as we travel to Lancaster County, Pennsylvania "Home of the Amish" to see the most opulent production ever presented by Sight & Sound Theatres....

Queen Esther

A brand-new original stage production! Set in the opulent yet perilous Persian Empire, Queen Esther is a captivating tale of Beauty & Bravery. Experience one of the most riveting Bible stories as it comes to life with magnificent sets, special effects and live animals!



Tour Includes

- *Roundtrip deluxe motorcoach transportation
- * Three nights first class hotel accommodations with a hot breakfast each morning
- *Reserved seats - Queen Esther
- *Guided tour of the Amish Farmlands with stops at the Kitchen Kettle Craft Village & others places
- *Tour the Holocaust Museum in Washington



- *Fabulous Amish style meal at the Shady Maple Smorgasboard
- *Tour of Nemours Mansion in Brandywine

Valley, Pennsylvania (one of the most Magnificent Homes in America) 77 room French Chateau home with over 300 acres in Landscaped gardens with an 8000,000 gallon water fountain!

All these plus other sites as we travel.

Special Price (Per Person):
\$469.00 Double,
\$457.00 Triple,
\$451.00 Quad,
\$619.00 Single

Cancellation Fee May Apply
\$50.00 deposit down and total due by April 1st.

For More Information contact:
Brenda Monosso@ 828-659-0832.

Travel arrangements by Toney Tours LLC Bostic, NC 28018 .



Free AARP Volunteer Tax Filing Program Begins February 4th at the McDowell Senior Center

The McDowell Senior Center is taking appointments for the AARP Tax Program which begins Tuesday, February 4, 2020 and runs through April 14, 2020.

Tax sessions are by appointment only and will be available Tuesdays and Thursdays. There will be Tuesday evening appointments available for anyone needing the later time. Please be advised that no rental properties can be done by Tax Aide volunteers. Land rental (Sign, crop) is allowable. Anyone needing to file taxes for the 2019 tax year is eligible to participate in the free tax filing program. You may make an appointment by calling the McDowell Senior Center at **659-0821**. **YOU DO NOT NEED TO BE A RESIDENT OF MCDOWELL COUNTY TO HAVE YOUR TAXES DONE HERE.**

If you have investment accounts or if you receive broker statements you will need to make an appointment to

be seen after March 16, 2020.

The following are MANDATORY ITEMS you will need to bring with you your tax appointment:

- ⇒ A copy of your 2018 completed tax return
- ⇒ Driver's License (or other form of Photo ID)
- ⇒ Social Security Cards for EVERYONE listed on your tax return

Also, any of these which apply to you:

- ⇒ 2019 Social Security statement (Comes in the mail to you in January)
- ⇒ Form 1095-ACA Insurance form if you have Marketplace Insurance
- ⇒ Form 1099R (Retirement Income Statement)
- ⇒ Wage statements (W-2)
- ⇒ Interest and dividend statements
- ⇒ Broker statements

*(Appointment after march 16)

⇒ To do Direct Deposit into your Checking account of any refund you may qualify for, you need to bring a blank check with you.

This will be a busy tax season. Please remember that the AARP Tax Volunteers are donating their time to help out the citizens of McDowell and surrounding counties.

If you are unable to keep your scheduled appointment, please be sure to call 659-0821 and cancel prior to your scheduled appointment.

Riddles:

1. There are 30 cows in a field and 28 chickens. How many didn't?
2. What has wheels and flies, but it is not an aircraft?
3. A farmer has twenty sheep, ten pigs and ten cows. If we call the pigs cows, how many cows will he have?

Answers are on the back page.

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Dining Room Notice</u></p> <p>In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat.</p> <p>Thank you.</p>	<p>Nutrition Site Beverages</p> <p>Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee</p>  <p>*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free</p>	 <p><i>"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love."</i></p> <p>Martin Luther King, Jr.</p>		
<p>3</p> <p>Chicken Stew Harvard Beets Rice Biscuit Cold Pears</p>	<p>4</p> <p>Oven-Fried Fish Cole Slaw Baked Apples Scalloped Potatoes Hush Puppies Cookie</p>	<p>5</p> <p>Meatloaf Lima Beans Creamed Potatoes Biscuit Pineapple Chunks</p>	<p>6</p> <p>Chicken Marinara Tossed Salad Cold Spiced Applesauce Noodles Texas Toast (HDM-Roll) Cake</p>	<p>7</p> <p>Salmon Patties Peas Au Gratin Potatoes Corn Bread Cold Sliced Peaches</p>
<p>10</p> <p>Tuna Casserole w/Noodles Peas & Carrots Medium Egg Noodles Biscuit Baked Sliced Apples</p>	<p>11</p> <p>Pimento Cheese Sandwich Beef-Vegetable Soup 2 Slices Bread Crackers Fruit Cobbler (HDM-Cold Peaches)</p>	<p>12</p> <p>Oven Fried Chicken Breast Green Beans Baby Bakers Texas Toast (HDM-Roll) Watergate Salad (DB-Banana)</p>	<p>13</p> <p>Bar-B-Que Pork Cole Slaw Fresh Pears Potato Wedges (HDM-Potato Chunks) Bun Iced Cake</p>	<p>14</p> <p>Hamburger Steak w/Peppers & Onions Tossed Salad Rice Pilaf Texas Toast (HDM-Roll) Strawberries & Bananas (DB-Banana)</p>
<p>CLOSED 17</p> 	<p>18</p> <p>Macaroni & Cheese Cold Country Tomatoes Steamed Cabbage Cornbread Baked Sliced Apples</p>	<p>19</p> <p>Grilled Chicken Breast Sandwich Lettuce & Sliced Tomato & Bun Potato Soup (HDM-Tater Tots) Fruit Cobbler</p>	<p>20</p> <p>Great Northern Beans Turnip Greens Potato Wedges (HDM-Potato Chunks) Corn Bread Blueberry Congealed Salad</p>	<p>21</p> <p>B.B.Q. Chicken Glazed Carrots Rice Biscuit Tropical Fruit Salad</p>
<p>24</p> <p>Country Style Steak w/ Gravy California Blend Vegetables Mashed Potatoes Roll Iced Cake</p>	<p>25</p> <p>Baked Spaghetti Tossed Salad Green Beans Garlic Toast (HDM-Roll) Strawberries & Pineapple Mallow (D.B. Pineapple Chunks)</p>	<p>26</p> <p>Chicken & Dumplings Carrots Dill Chunked Potatoes Biscuit Fruit Cocktail</p>	<p>27</p> <p>Beef Stroganoff Harvard Beets Buttered Egg Noodles Green Peas Roll Pudding</p>	<p>28</p> <p>Chicken Tenders Cole Slaw Fruit Juice Corn Biscuit Cookie(1 Ea.)</p>



March will be National Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer in the U.S. and the second leading cause of cancer related deaths.

It affects all racial and ethnic groups and is most often found in people ages 50 and older.

Screening and early detection are vital.

Medicare covers certain colorectal cancer screening services, ask a SHIIP counselor for more information.

Colorectal cancer is preventable, treatable and breathable!

For more information contact: McDowell County SHIIP @ 828-659-0825.



Valentines Advocacy Day February 10

Hundreds of seniors from Senior Centers across the State will be mailing Valentines to our Legislators. The Valentine includes a “Thank You” for funding Senior Centers. On the Valentine you can provide one to two statements of what the Senior Center means to you. Participating in this event will put and keep our Senior Centers on the minds of our Legislators.

Join the McDowell Senior Center, the A.C. Bud Hogan Community Center and the North Carolina Senior Center Alliance in thanking our legislators for funding our local centers along with Senior Centers across the state.

Let it be known what the Senior Center means to you. We will be writing and mailing the Valentines at the McDowell Senior Center dining room in Marion and the A.C. Bud Hogan Community Center dining room in Old Fort on Monday, February 10 at 11:00 AM. Thank you for helping us with this special project!

McDowell Champ Program



CHAMP program, a free Falls Prevention Program, will begin its 11th year in McDowell County. Community Health and Mobility Partnership (CHAMP) program is to improve the health of older adults by decreasing their risk of falling by screening for depression, cognition issues, fear of falling, and physical activity level. Blood pressure is taken in multiple positions. CHAMP participant’s medications are reviewed for possible interactions, so if you sign up, please plan to bring your medications or a complete list of your medications with dosage. Exercise intervention maybe provided if the CHAMP participant is an appropriate client. The CHAMP partners included university/college health science students and faculty, local senior centers or wellness center, and local health care providers’ agencies and organizations. CHAMP is based on contextual learning with an inter-professional community service learning model. CHAMP participant’s results are faxed to their primary care providers annually or when participant’s status changes.

If you would like to sign up, McDowell CHAMP will begin March 13, 2020. Please call the McDowell Senior Center at 828-659-0821 or stop by the front deck at the McDowell Senior Center to sign up. The below McDowell CHAMP schedule is set up for 2020.

2020 McDowell CHAMP dates

- 03/13/2020 (Fri. 8:30AM - 3:00PM)
- *04/3/2020 (Fri. 8:30AM - 3:00PM)
- 05/08/2020 (Fri. 8:30AM - 3:00PM)
- 06/12/2020 (Fri. 8:30AM - 3:00PM)
- 07/10/2020 (Fri. 8:30AM - 3:00PM)
- 08/14/2020 (Fri. 8:30AM - 3:00PM)
- 09/11/2020 (Fri. 8:30AM - 3:00PM)
- 10/09/2020 (Fri. 8:30AM - 3:00PM)
- 11/13/2020 (Fri. 8:30AM - 3:00PM)

* on First Friday of the Month due to Good Friday closing of the MSC.

Alzheimer/Dementia Caregiver Support Meeting Tuesday, February 25th 6:00pm-7:00pm



“Alzheimer’s is the 6th leading cause of death in the United States”. The need for caregiver support is tremendous.

Come join us on the last Tuesday of every month at the McDowell Senior Center from 6:00pm to 7:00pm. You will learn more about the resources to assist caregivers and to support one another.

Contact Lisa Ellis at 828-442-8631 or e-mail Lisa at lellis0316@gmail.com.

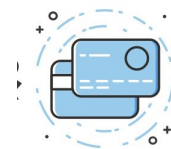


BLOOD DRIVE

McDowell Senior Center
100 Spaulding Road,
Marion NC




Tuesday February 11
1:00 pm-6:00 pm

ALL donors will receive a \$20 VISA card!



BE PART OF THE CONNECTION

FEBRUARY 2020
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Bricks Available</p> <p>Bricks are available. For a \$100.00 donation you can have a brick engraved with your name, and placed in the front entrance walkway of the Senior Center. A brick would also be a nice gift for someone, or as a memorial to a loved one who has passed away. If you would like to know more, speak with Weyland Prebor, 659-0823. The proceeds go to the Building Renovation Fund.</p>				
<p>Puzzle Fun 3 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games <u>2:15pm to 3:45pm</u> <u>Mental Health Support Group</u></p>	<p>AARP Tax Filing by Appointment 4 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00-2:00 Aging Mastery Program 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club 6:30-7:45 Master Gardeners</p>	<p>9:00 Quilting 5 9:30-10:30 Exercise Class <u>10:00-11:00 Blood Pressure Checks</u> 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention 1:30-3:30 Vaya Health</p>	<p>AARP Tax Filing by Appointment 6 9:00-10:00 “Plastic Canvas” Class 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p align="center">NATIONAL WEAR RED DAY 7</p> <p>9:30 Crochet class 9:30-10:30 Exercise Class 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games</p>
<p>Puzzle Fun 10 9:30 Line Dance 10:45 Chair Exercise 11:00 Valentine Advocacy Day 1:00 Cards & Games <u>2:15pm to 3:45pm</u> <u>Mental Health Support Group</u></p>	<p>AARP Tax Filing by Appointment 11 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games <u>1:00-6:00 Blood Drive by The Blood Connection</u> 1:00-2:00 Aging Mastery Program 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club</p>	<p>AARP Tax Filing by Appointment 12 9:00 Quilting 9:30-10:30 Exercise Class 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention</p>	<p>9:00-10:00 “Plastic Canvas” Class 13 9:30 J.A.M. Exercise 10:00 Fun Bingo(Bring Prizes) 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>9:30 Crochet class 14 9:30-10:30 Exercise Class 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games 6:00 pm Valentine Dance</p>
<p align="center">CLOSED 17</p> 	<p>AARP Tax Filing by Appointment 18 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00-2:00 Aging Mastery Program 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club</p>	<p>9:00 Quilting 19 9:30-10:30 Exercise Class 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention</p>	<p>AARP Tax Filing by Appointment 20 9:00-10:00 “Plastic Canvas” Class 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>9:30 Crochet class 21 9:30-10:30 Exercise Class 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games</p>
<p>Puzzle Fun 24 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games <u>2:15pm to 3:45pm</u> <u>Mental Health Support Group</u></p>	<p>AARP Tax Filing by Appointment 25 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00-2:00 Aging Mastery Program 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club <u>6:00-7:00 Alzheimer’s/Dementia Caregiver Support meeting</u></p>	<p>AARP Tax Filing by Appointment 26 9:00 Quilting 9:30-10:30 Exercise Class 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention</p>	<p>AARP Tax Filing by Appointment 27 9:00-10:00 “Plastic Canvas” Class 9:30 J.A.M. Exercise 10:00 Fun Bingo(Bring Prizes) 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>9:30 Crochet class 28 9:30-10:30 Exercise Class 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games</p>

OLD FORT NUTRITION SITE

LOCATED AT 909 EAST MAIN ST., OLD FORT, NC 28762

Phone: 668-4867

FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BRICKS AVAILABLE				
<p>If you are thinking of a gift in memory of someone dear, or a memorial to a loved one who has passed away, or you can have your own name put on a brick which will be placed at the front of the Old Fort center for everyone to see for a \$100.00 donation . See Cheryl Woody or call 668-4867 for more information.</p>				
				
3 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study	4 Puzzles 12:15 Card Fun & Games with Rita Myers	5 Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise	6 Tai Chi after lunch 1:00 Computer Class (must see Cheryl to sign up)	7 8:30—3:00 Fitness Equipment Exercises
10 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study	11 Puzzles 12:15 Card Fun & Games with Rita Myers	12 Puzzles 10:00 Better Choices <u>Blood Pressure Checks</u> 10:30 Bingo 12:30 Chair Exercise	13 After Lunch- Card Making Class with Nanette Hankins 1:00 Computer Class (must see Cheryl to sign up)	14 8:30—3:00 Fitness Equipment Exercises
17 Closed 	18 Puzzles 12:15 Card Fun & Games with Rita Myers	19 Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise	20 1:00 Computer Class (must see Cheryl to sign up) Tai Chi after lunch	21 8:30—3:00 Fitness Equipment Exercises
24 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study	25 Puzzles 12:15 Card Fun & Games with Rita Myers	26 Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise	27 1:00 Computer Class (must see Cheryl to sign up) Tai Chi after lunch	28 8:30—3:00 Fitness Equipment Exercises

THE BUZZZ OF MARION

Gene and Yonna Venton spent some time at Myrtle Beach recently.

Ron Brauer and his wife went to Florida and spent time with their son.

Silas and Brenda Sill came from Florida for the holidays.

For a Christmas treat, Dot Norton made 70 treat bags for us and made us old folks feel like trick or treaters. Thanks Dot.

Anne Burnette spent the holidays visiting with her daughter in Lexington. She really enjoyed her new great grandson.

Dot Stoner's son spent quality time with her cleaning up the Christmas mess. (Great company)

Stan & Lois Bloom went rocking and rollin on the Viking. They were days without the sight of land. The boat pitched and swayed 24/7. They landed at Key West to 70 degrees and sunny. She said they were glad to be home.

Opal Woody spent hours doing a wonderful thing for others. She made 32 patriotic quilts for our Senior Center veterans. They were beautiful and I know they all appreciated them. Thank you, Opal.

Margie Boyd

Condolences

We send our heartfelt condolences to all the family and friends of :

Love Moore 1-7-2020




Title V Senior Community Service Employment Program Seeking McDowell Applicants


Currently McDowell County is seeking applicants for the Title V Older Workers Program. Isothermal Planning and Development Commission is the sub-sponsor for this older worker program in Cleveland, McDowell, Polk, Rutherford, Buncombe, Transylvania and Henderson Counties. The program provides subsidized part-time (20 hours per week) employment opportunities and a moderate level of supportive services for persons with low incomes who are 55 years old or older and residents of North Carolina.

Eligibility is based on income over the prior 12 months and must not exceed 125 percent of poverty.

If you would be interested in the Title V Older Workers Program please contact Carrie Rhodes with Isothermal Planning and Development Commission at 828-351-2332 or 1-800-331-9891.

Winter Weather Policy

 When the weather is bad such as snow or icy conditions, we will announce any closings on WBRM-1250 AM. The McDowell Senior Center's policy is to close when the school system closes due to the weather and/or bad road conditions. If at all possible, please try to have extra (non-perishable) food on hand for such occasions.

Some good items to have on hand are snack-sized canned goods (because they generally have pull-top lids). Store extra water, crackers, granola bars, raisins and trail mix. 

THE BUZZZ OF OLD FORT

We have had plenty of rain but we have managed to drive or paddle to the center for our nutritious meals, for fellowship, games, and exercise which helps us all and are needed for seniors.

Congratulations to our staff and volunteers for the 100% sanitation rating we just received.

On December 17, 2019(a big 'ole Tuesday) Graham and Mary Kendall celebrated their 59th wedding anniversary. That most delightful day saw the couple at home and attending Old Fort Senior Center. The day ended with a special time at Nopales Restaurant.

Our thoughts and prayers are with Joyce Noblitt as she recovers from a fall causing a broken collar bone.

We continue to keep daily contact with Jeanette Grindstaff, staff member, as she recovers from her accident as well as eye surgery (second eye) January 15th. She is improving. Just want you to know we miss you and look forward to your returning to your post soon!

Conner Finley, Florence Young's nephew was awarded the rank of Eagle Scout on December 12th. He is a rising senior at Caldwell Early College High School, Lenoir, NC. Congratulations to Conner and his family for this great accomplishment! He has applied for Governor's School for next year.

Claude Lunsford is recovering from shingles. We are remembering him daily and hope he will be back with us soon.

We are concerned for those who attend our center regularly but have been absent for several days. We pray for your return soon. Among those are Mary Jane Walker (broken leg), Carolyn Effler, Naomi Benge, Junior Allison, Dan Mooney and Bobby Bell.

We are happy to have Chuck Walker with us! His 93rd birthday was January 18th. It isn't unusual for him not to attend but he is the oldest of our Old Fort Seniors! Congratulations Chuck!

Stay healthy and warm. See ya back in you places for February.

By Sue T. Glovier

FEBRUARY BIRTHDAYS



MARION

Edith Hollifield 1
 Marvin Hollifield 6
 Gayle Struble 5
 Bobbie Gumbert 6
 Robert Garretson 8
 Carolyn Weant 9
 Mary Ann Guier 11
 Alice Parker 13

Janice Davis 21
 William Hitt 23
 Marie Ledford 25
 Lenore Parker 26
 Joyce Edwards 29

OLD FORT

Mary Lanning 3

Rita Myers 5
 Joyce Noblitt 8
 Mary Blackwelder 9
 Jimmie Walker 9
 Joe Stroud 13
 Mary Duckett 17
 Winston Riddle 19
 Patrick Myers 22
 Naomi Bengé 23

**MCDOWELL COUNTY
 SENIOR CENTER**
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 Marion N.C. 28752

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Weyland Prebor, Director

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McDowell Senior Center
February 12, 2020
1:30 pm – 3:30 pm
Two Different Classes



McDowell Senior Center in Partnership with Vaya Health's Geriatric and Adult Mental Health Specialty Team is offering FREE training opportunities provided through the N.C. Division of Health Service Regulation (DHSR).

All trainings will be held at the McDowell County Senior Center, 100 Spaulding Road, Marion, NC 28752 the 2nd Wednesday of each month from **1:30am-3:30-pm**

1:30 Depression: From Surviving to Thriving

2:30 Antidepressants: Not Just for Depression

Depression: From Surviving to Thriving:

Depressive symptoms often present themselves through feelings of isolation, hopelessness and despair. This course examines different types, common causes, symptoms and treatment methods for depression, focusing on moving from a place of simply surviving to one of thriving.

Antidepressant Medications: Not Just for Depression:

Antidepressants treat depression, but did you realize there are other uses for this classification of medication? Join us to learn about the traditional and secondary uses of antidepressants, side effects and safe administration protocols.

Registration: Jeffrey Dula
828-759-2160 Ext. 3346 or
jeffrey.dula@vayahealth.com

- Riddle Answers:
1. Listen closely: 30 cows, and twenty-eight chickens. Say EIGHT and ATE. They sound the same. Therefore, it means 20 ATE chickens. 30-20=10, so 10 cows didn't eat any chickens.
 2. A garbage truck
 3. Ten Cows. We can call the pigs cows but it doesn't make them

NATIONAL WEAR RED DAY IS FRIDAY FEBRUARY 7TH.

American Heart Association.



Cardiovascular disease is the No. 1 killer of women. Wear Red for awareness.

MCDOWELL TRANSIT

Scheduling your FREE transportation is simple!

Give McDowell Transit a call at 828-559-0744 at least 3 business days in advance.

For new riders: Please leave your name, date of birth, physical address, phone number, the name and address of your destination and date of your appointment.